

Secrets of Parenting Podcasts

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Hello, This is Karen DeBord and today we will be talking about Secrets of Parenting...those little tidbits that will help you as a parent to connect with your child and information that will help you build a relationship with your child. I thought I would start with a few questions to consider.

Let's start with this:

Young children are self-centered, which means

- a. they need everything they see.
- b. they cannot yet understand how you feel and think only of themselves.
- c. they whine a lot.

Although it seems that children WANT everything they see, it is not the definition of "self-centered." They indeed do not NEED everything although they WANT many things. Set guidelines for what you will and won't purchase before even entering a store.

And if you thought the answer was "C" that they whine a lot- this may seem true- especially when you stop for quick errands at a store. But again- this is not the definition of self-centered. It seems they are trying to manipulate us, but no- they are just learning your rules. The worst is when we have been inconsistent. If you give into their request sometimes and sometimes not (for example at the store) and are essentially inconsistent, then they will ALWAYS (whine) and ask. Tell them in advance what we will and won't buy, do. But often they whine when they are tired or confused or sick too!

So the correct answer is b--they cannot yet understand how you feel and think only of themselves. This understanding is developmental. Before about age 7, they are really, really self-centered. They learn with practice about feelings. Talk about feelings but don't punish them for their "feelings" whether good or bad...strive to understand them.

Let's try another one:

Children require reminders of HOW to do things. If this is true, then

- a. parents should remind them only once.
- b. children should listen the first time.
- c. parents will have to remind them again and again.

Well it is true that parents will have to remind children of things many, many times. We only wish they would listen the first time but parenting is a journey of constant reminding! But it's about the relationship we are building with our children—connecting and picking up on their cue and understanding them. That is what will sustain them until they are grown.

This is Karen DeBord and I am with North Carolina Cooperative Extension.